

Taste the Hills

Recipes and Tips

Fidget pie

375g (13oz) gammon steak

1 onion, peeled and sliced

Sunflower oil

• 2 medium cooking apples (peeled)

• 160ml (¼pt) cider

• 750g (1lb 10oz) Shropshire potatoes

• 1 tbsp wholegrain mustard with honey

• 50g (1¾oz) butter • 80g (3oz) double cream

• 100g (3½oz) cheddar cheese

Pastry:

75g (2½oz) plain flour • 75g (2½oz) self raising flour •

75g (2½oz) butter • pinch salt •

Water

Method • Make pastry by sifting flours and salt into a bowl. Dice butter and rub into flour until it resembles bread-crumbs. Stir in water until pastry forms a ball. Wrap pastry in cling-film and rest in fridge 20 mins. •

Peel potatoes, cut into chunks and cook in salted boiling water for around 20 mins.

Preheat oven to 180°C/375°F/Gas 5.

Gently fry the onions in a little oil until translucent.

Dice the gammon and sauté with the onions in a pan for five minutes.

Add the cider to the pan and simmer for 10 mins until tender.

• Dice the apples, add to the gammon and stir to coat the apples with the sauce. Cook 2-3 mins then remove pan from the heat to cool. •

Drain the potatoes and mash with the cream, butter and mustard until smooth.

• Remove pastry from the fridge. Roll out and line a deep flan dish. Add gammon mix and top with grated cheese.

Pipe or spoon the mustard mash on top to create topping.

Place on a baking sheet and bake for half an hour – 40 minutes until the top is golden and the base is cooked through.

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